

# FOUR-FIVE CURRICULUM

MAY 5

## THEME: TRAINING CAMP: Plan, Practice, Grow

**Today's Bible Story:** Light My Way (God's Word Is a Light) • *Psalm 119:105*

**Today's Key Question:** How can you hear from God?

**Today's Bottom Line:** Practice hearing from God.

**Monthly Memory Verse:** *Training the body has some value. But being godly has value in every way. It promises help for the life you are now living and the life to come.* 1 Timothy 4:8 (NirV)

**Monthly Virtue:** Commitment—making a plan and putting it into practice.

**Basic Truth:** I need to make the wise choice.

## SOCIAL ACTIVITY

### Opening Activity

**What You Need:** Prepared bags of assorted items

**What You Do:**

- Divide the group into two teams and direct them to gather with space between each team.
- Instruct each team to select one person to be their captain (someone comfortable getting dressed up with props).
- Place a prepared bag next to each team but direct them not to open or look inside it yet.
- Explain that you will read a series of instructions one time through, and then once you have finished, you will say, "Go!" so each team can work together to remember and follow the instructions to dress up their captain, in order.
  - Caution kids to listen carefully as they'll only hear the instructions once.
- Read the instructions below then say, "Go!"
  1. Hand the jersey to your captain and tell them to put it on.
  2. Place the ball cap on captain's head.
  3. Come up with a fun team name.
  4. Use the marker to write your team's name on the piece of paper.
  5. Use the tape to attach the team's name to the back of your captain's jersey.
  6. Give the socks to your captain. Tell them to put the socks on.
  7. Tell them to pull the sock on their left leg up and push the sock on their right leg down.
  8. Place the baseball inside the gym bag, and hand it to your captain.

9. Tell your captain to wear the gym bag with the strap over their right shoulder.
  10. Give your captain the water bottle and tell them to hold it in their left hand.
  11. Give your captain the towel and tell them to drape it around their neck.
- Once teams have finished, re-read the list of instructions and see which team did the best job remembering everything.
  - The team that completed the instructions most accurately is the winning team.

### What You Say:

"That was a lot to have to listen for! You had to listen well so that you could hear the instructions and remember what to do. **Today, we will discover how God has provided us with instructions and guidance for how we should live.**

## SMALL GROUP ACTIVITY

### 1. Bible Story Extension

**What You Need:** "Acrostic Verses" Activity Page, dry erase board, dry erase marker, Bibles, pens or pencils

**What You Do:**

- Talk with the group about the book of Psalms by asking the following questions:
  - What was unique about the way Psalm 119 was written? (*It's very long! It was written in the form of an acrostic: each chapter begins with a different letter of the Hebrew alphabet.*)
  - Are there any well-known verses from the Book of Psalms that you can think of? (*Prompt kids with the following verses, if needed.*)
    - *The LORD is my shepherd; I shall not want. —Psalm 23:1, KJV*
    - *Taste and see that the LORD is good; blessed is the one who takes refuge in him. —Psalm 34:8, NIV*
    - *Find delight in the LORD. Then he will give you everything your heart really wants. —Psalm 37:4, NirV*
    - *The LORD is my light and my salvation—whom shall I fear? The LORD is the stronghold of my life—of*
    - *Be still, and know that I am God. —Psalm 46:10, NIV*

# FOUR-FIVE CURRICULUM

- *He heals those who have broken hearts. He takes care of their wounds. —Psalm 147:3, NIV*
- On the dry erase board, write the letters H-E-A-R vertically.
- Using the letter, “H,” write the word, “Hebrews.”
- Using the letter, “E,” write the word, “Ephesians.”
- Using the letter, “A,” write the word, “Acts.”
- Using the letter, “R,” write the word, “Romans.”
- Divide kids into four groups and give each group a Bible, one of the “Acrostic Verses” Activity Page, and a pen or pencil.
- Explain that groups will work together to form an acrostic, like Psalms, by looking up the verses on their page and writing down what those verses say about God.
- Once each group has finished their Activity, invite each group to share what the verses they looked up had to say about God.
  - Write down some of the things they share next to that letter on the dry erase board.
- Remind kids that even though we may not physically be able to see God, we can hear from God through the words in the Bible.
- Give each team’s volunteer a Bible and direct them to look up the verse
- Direct each team to form a parallel line with plenty of space between each team.
  - The kids with the Bibles should be at one end of their team’s line.
  - At the other end of each line, place a dry erase board and dry erase marker.
- Explain that when you say, “Go!” the kid on each team with the Bible will whisper the first word of 1 Timothy 4:8 into the ear of the person next to them. That person will whisper the word to the person next to them and so on. Once the word reaches the kid at the other end, they will use the dry erase marker to write the word on the board.
- After the word is written on the board, they will run to the opposite side of their line near the Bible. Everyone in the line should shift accordingly, so that a new person is now at the white board.
- The kid who is now at the Bible will look to see what the second word of the verse is to whisper it to the next person in line. The word should continue down the line until it reaches the board.
- Continue this way, shifting the lines, until every word of 1 Timothy 4:8 has been written on the board. (*The reference, 1 Timothy 4:8, can be considered one word.*)
- The team to complete the entire verse on the board first is the winning team.
- *If your group is smaller, this can be played with all kids in one single line to write the verse, rather than as a race against two teams. Race against the clock if time allows!*
- Once the game has ended, ask the following questions for discussion:
  - What does this verse have to do with commitment?
  - What is something you are committed to or would like to commit to?

## 2. Discussion Questions

**What You Need:** No supplies needed

**What You Do:**

**Ask:**

- How can you hear from God?
- How can you know when you are hearing from God or another voice?
- How can reading about Jesus’ life help you hear from God?
- What gets in the way of spending time reading the Bible?
- Is it possible to hear from God in ways other than reading the Bible?

## 3. Verses to Take with You

**What You Need:** Bibles, dry erase boards, dry erase markers; *Optional: Timer or timer app*

**What You Do:**

- Divide the group into two teams.
- Ask each team to choose a volunteer to look up this month’s memory verse.

## 4. Pray with your group